

THE SMART NEWSLETTER

July 2024

By



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CELEBRATING SUMMER

Did you know that tug of war was an event at every Summer Olympics from 1900-1920?

All around us summer is filled with fun events. School is out and summer vacation is upon us. Camps are in full swing, pools are open, and concerts are everywhere. Fairs and festivals are filled with sweet treats and fun rides. The Paris Summer Olympics are here. The Special Olympics are celebrating their birthday, and the Americans with Disabilities Act is celebrating its anniversary. The calendar fills up in no time. As a recreational therapist, we are often in charge of the summer fun at our place of employment. What can be a thankless job can make such a difference in the lives of all involved. All of us at SMART CEUs Hub recognize the hard work that goes into this time of year. We hope you are also able to slow down, enjoy life, and have fun outside of work as well. Happy summer!!

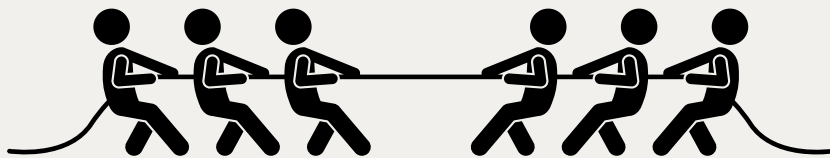
Read on to page 2 for Olympic Event ideas!

SUMMER OLYMPIC EVENTS

BRING THE OLYMPICS TO YOUR FACILITY

TUG OF WAR

Enjoy an old fashion game of tug of war like they did in the 1900s.



BREAK DANCING

Celebrate the debut of “breaking” at this year’s Olympics with this fun event.



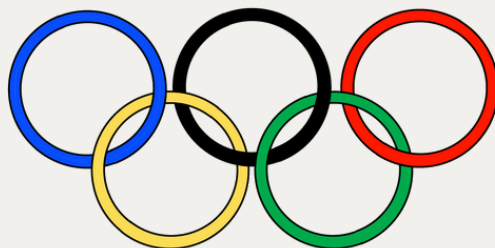
BALLOON VOLLEYBALL

Adapt an Olympic favorite in the safety of chairs and the ease of blowing up a few balloons.



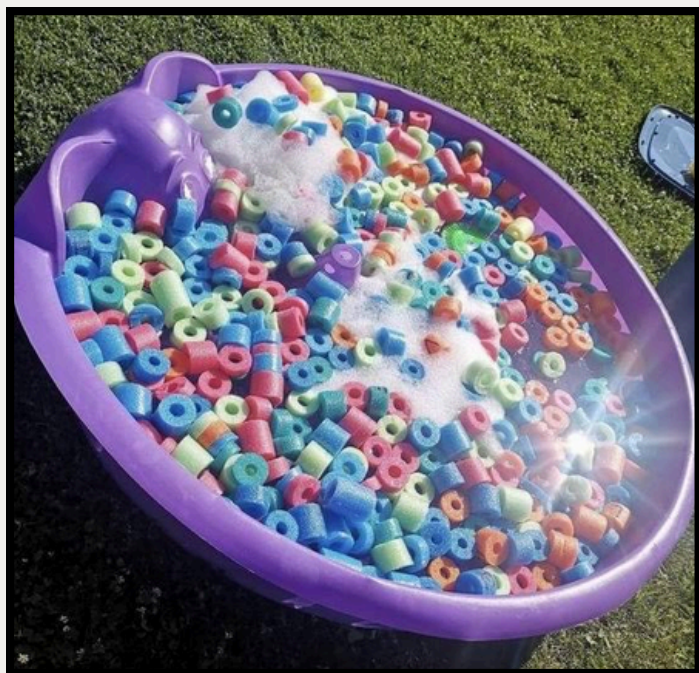
STATIONARY CYCLING

Adapt another favority, cycling, by using a stationary bike. Keep track of distance and see who finishes first!



SUMMER INTERVENTIONS

IDEAS FOR EVERY RECREATION PROFESSIONAL



POOL NOODLE BALL PIT

- **SUPPLIES NEEDED: POOL, POOL NOODLES (8+ DEPENDING ON SIZE OF THE POOL), CUTTING TOOL (A KITCHEN KNIFE CAN BE USED, WATER, AND BUBBLE BATH (OPTIONAL))**
- **GREAT INTERVENTION FOR FINE AND GROSS MOTOR SKILLS, SOCIAL SKILLS, AND NATURE TIME**
- **PRO TIP: CHECK OUT STORES LIKE THE DOLLAR TREE FOR AFFORDABLE POOL NOODLES.**

POOL NOODLE SPRINKLER:

- **SUPPLIES NEEDED: POOL NOODLE, SCISSORS, DUCT TAPE, SOMETHING TO POKE HOLES WITH, AND A GARDEN HOSE**
- **AFFORDABLE AND FUN**
- **GREAT FOR PHYSICAL ACTIVITY, BENEFITS OF NATURE, AND FOLLOWING DIRECTIONS (IF MAKING THEM TOGETHER).**
- **PRO TIP: TEACH FAMILIES ABOUT THIS LOW-COST INTERVENTION EVEN IF YOU CANNOT USE IT AT YOUR WORKPLACE!**



[CLICK HERE TO WATCH A TUTORIAL](#)

THE AMERICANS WITH DISABILITIES ACT

34TH Anniversary

The Americans with Disabilities Act (ADA) protects people with disabilities from discrimination.

[CLICK HERE TO
VISIT THE ADA
WEBSITE](#)

FACTS ABOUT THE ADA:

- On July 26, 1990, President George H. W. Bush signed the Americans with Disabilities Act (ADA) into law.
- The ADA was the most sweeping affirmation of rights for the disabled in American history at the time.
- The bulk of the act provides legal recourse against employers who discriminate against the disabled and set standards of access to public buildings and public accommodations (hotels, restaurants, etc.). It also established federal laws regarding service animals, among other things.
- Prior to the ADA being signed, in March of 1990, a group of disability rights activists staged the Capitol Crawl, in which disabled people pulled themselves up all 100 steps of the Capitol building in order to highlight the nation's lack of accessibility.

[Click here for more facts](#)

HAPPY BIRTHDAY SPECIAL OLYMPICS

*The Special Olympics was founded on
July 20, 1968*

“Special Olympics is a global movement that unleashes the human spirit every day around the world through the transformative power and joy of sport. Through programming in sports, health, education and community building, Special Olympics is tackling the inactivity, stigma, isolation, and injustice that people with intellectual disabilities (ID) face.



CLICK THE LOGO TO VISIT THE WEBSITE

AUTISM ON THE SEAS



Autism on the Seas, an international organization, has been in collaboration with Royal Caribbean International since 2007 in developing cruise vacation services to accommodate adults and families living with children with Special Needs, including, but not limited to, Autism, Asperger Syndrome, Down Syndrome, Tourette Syndrome, Cerebral Palsy and all Cognitive, Intellectual and Developmental Disabilities.

[CLICK HERE TO LEARN MORE!](#)

SMART PARTNER HIGHLIGHT



Alberta Therapeutic Recreation Association (ATRA)

by Amanda Ervin, MSc, CTRS, Executive Director

Another ATRA?! The Alberta Therapeutic Recreation Association (ATRA), established in 1985, is a not-for-profit association, dedicated to promoting the field of therapeutic recreation in Alberta, Canada. ATRA supports practitioners, advances standards of practice, and advocates for the recognition, integration and regulation of therapeutic recreation in our province.

ATRA continues to play a pivotal role in advancing the field of therapeutic recreation. Through our commitment to professional development, advocacy, research, and community engagement, ATRA works to ensure that therapeutic recreation practitioners are well-equipped to make a positive impact on the lives of those we serve. ATRA has nearly 800 members that include professional members, student members, supporting members and alumni members.

ABOUT US

PROFESSIONAL DEVELOPMENT AND EDUCATION

ATRA offers various professional development opportunities for its members, including workshops, webinars, and conferences. Recent topics have included adaptive recreation techniques, and advancements in recreational therapy practices.

SMART PARTNER CONT...

ADVOCACY AND POLICY

ATRA has been actively involved in advocating for the inclusion of therapeutic recreation services in healthcare policies. Recent efforts have focused on demonstrating the value of therapeutic recreation in improving health outcomes and overall quality of life for patients.

The association has engaged with provincial government officials and healthcare leaders to promote the need for regulation of our profession.

MEMBERSHIP AND COMMUNITY ENGAGEMENT

Membership has been steadily growing, reflecting the increasing recognition of the importance of therapeutic recreation. The association has launched initiatives to engage more students, including networking events and free memberships for students in Alberta!

ATRA has also focused on enhancing member benefits, such as providing access to a comprehensive Knowledge Centre, building professional networks nation wide and offering discounted rates from many vendors!

RESEARCH AND INNOVATION

IATRA supports research initiatives that contribute to the evidence base for therapeutic recreation practices. ATRA recently launched a research grant program.

The association encourages innovation in service delivery, promoting the use of creative approaches to engage clients in meaningful recreational activities.

SMART PARTNER CONT...

UPCOMING EVENTS

ATRA's annual symposium is scheduled to take place later this year, in October. Virtual and in-person options are available. This year's symposium, Game Changers- Where Ideas Come to Play, features keynote speakers, hands-on workshops, and opportunities for networking and collaboration among therapeutic recreation professionals.

Several workshops and webinars are planned, focusing on topics such as innovative program development, evidence-based practices, and cultural competency in therapeutic recreation.

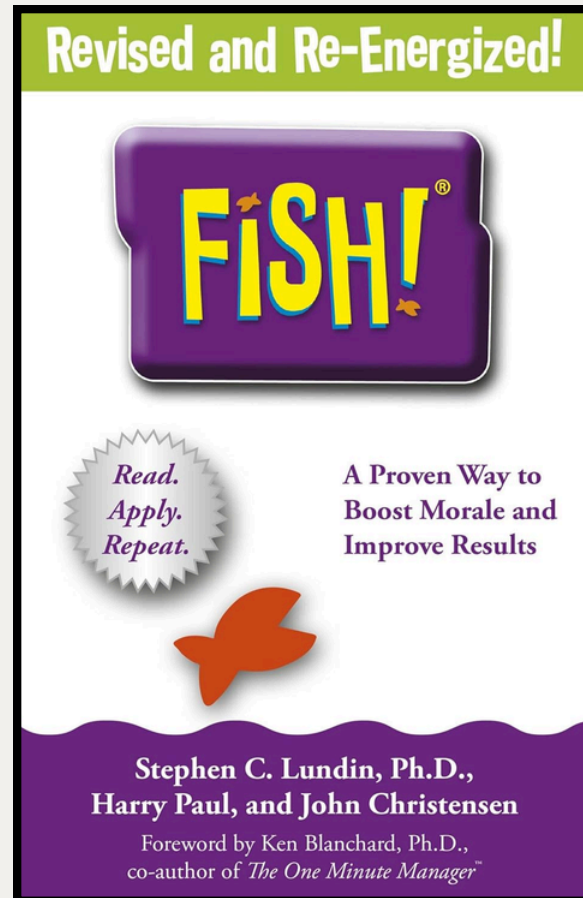


The graphic features a white background with a green border. At the top left, there are four icons: a paint palette, a spade, a musical note, and a basketball. Below these icons, the text reads "2024 ATRA SYMPOSIUM" and "GAME CHANGERS Where Ideas Come to Play". To the right is the logo for the Alberta Therapeutic Recreation Association, which includes a stylized figure of a person with arms raised. The central text says "Save the Date!" in a large, bold, blue font. At the bottom, it says "Symposium Dates: October 24 & 25th, 2024" in a green font.

[CLICK TO VISIT THE
ATRA WEBSITE](#)

SMART BOOK PICK

“Fish!: A remarkable way to boost morale and improve results”

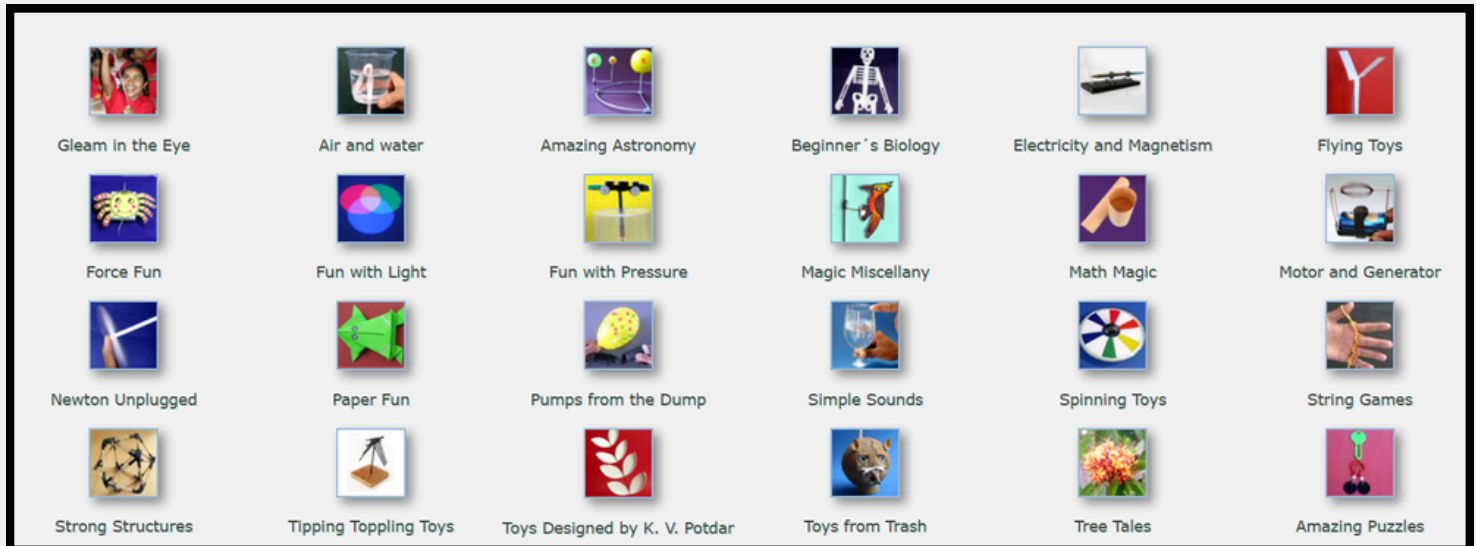


“In this engrossing parable, a fictional manager has the responsibility of turning a chronically unenthusiastic and unhelpful department into an effective team. Seattle’s pike place fish is a world famous market that is wildly successful thanks to its fun, bustling, joyful atmosphere and great customer service. By applying ingeniously simple lessons learned from the pike place, our manager discovers how to energise and transform her workplace. Addressing today’s most pressing work issues with an engaging metaphor and an appealing message, fish! offers wisdom that is easy to grasp, instantly applicable, and profound.”

[CLICK HERE TO PURCHASE THE BOOK](#)

SMART RESOURCE SPOTLIGHT

Arvind Gupta Toys *Toys from Trash*



LIVING BY THE MOTTO:

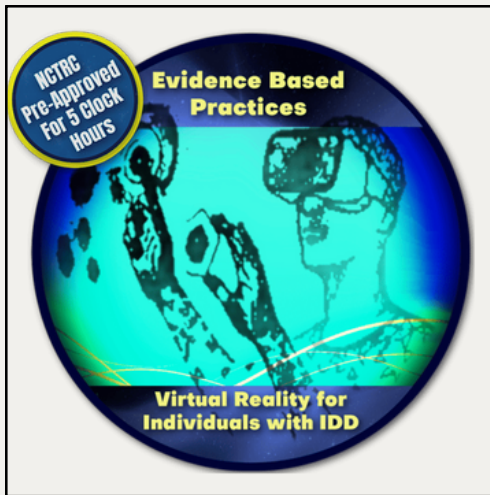
“THE BEST THING A CHILD CAN DO WITH A TOY IS BREAK IT”

Toys can be expensive, but they do not have to be. Toys are most importantly fun and can be an essential part of development. Helping families improve access to toys, no matter their financial situation, is an important role of a recreational therapist. Check out this website to learn how to make toys from everyday objects.

[CLICK HERE TO VISIT THE TOYS FROM TRASH SECTION OF THE WEBSITE](#)

NEW SMART COURSES

Now available in the course catalog



EVIDENCE BASED PRACTICES: VIRTUAL REALITY FOR INDIVIDUALS WITH IDD

The purpose of this course is to raise awareness of best practices from other allied health professions for the use of virtual reality (VR) among individuals with intellectual and/or developmental disabilities (IDD).



RECREATIONAL THERAPY AFTER A STROKE

This course will explore how recreation therapists can be a vital part of rehabilitation from strokes. This course will introduce the different types of strokes, risk factors, and the symptoms of strokes, how to address the residual effects of strokes, recreational therapy goals and potential recreation interventions for stroke patients.



NATURE AS A RECREATION THERAPY INTERVENTION

This course will cover how nature can be used as a Recreational Therapy intervention for people of all ages and ability levels. The past and present use of nature as a therapeutic modality across settings will be discussed.

[**CLICK HERE TO ACCESS ALL OF THE SMART COURSES**](#)

LEARN MORE ABOUT SMART CEUS HUB



SESSIONS INCLUDED IN THE BUNDLE:

- Positive Psychology Based Interventions
- Therapeutic Recreation and Outdoor Mindfulness in Mental Health
- Adaptive Dance: Using the Foundations of TR and Recent Research Trends
- 5 Senses Grounding Activity- Helping Participants Cope with PTSD, Anxiety, and Stress
- 1:1 Recreation Therapy Interventions
- The Use of Experiential/Adventure Based Activities and Metaphors in Substance Use TR Programs

THE SMARTER TOGETHER CONTINUING EDUCATION VIRTUAL BUNDLE

**ACCESS TO ALL
SESSION RECORDINGS
FOR \$99**

[CLICK HERE TO PURCHASE](#)

THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

\$179/YEAR = UNLIMITED ACCESS

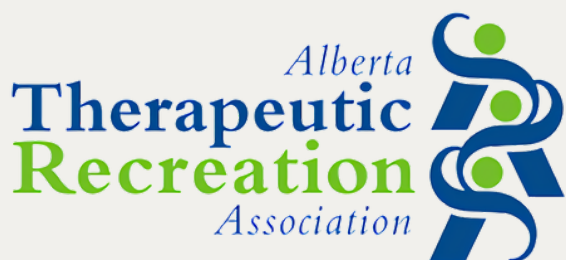
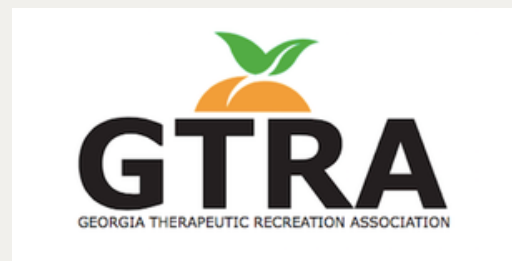
***ALL COURSES NCTRC PRE-APPROVED**

Did you know SMART CEUs Hub offers a corporate membership?



- Available to groups of four or more who purchase the Unlimited CEU Membership
- Offers 20% off the original price of \$179 which saves over \$35 per membership
- Includes unlimited access to the course catalog for the life of the membership
- Must be renewed annual and maintain four or more memberships to remain eligible

THANK YOU TO OUR SMART PARTNERS



[Click here to learn more about partnerships.](#)